



8 week online program

transforming your Mind, Body and Spirit

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CONTENTS

week 1	3
Goal setting.....	3
Affirmations	4
Body measurements	4
week two.....	5
The missing link	5
Changing Habits.....	6
week three	7
Healthy Mind Healthy Eating.....	7
Low-Glycemic	7
High-Glycemic.....	7
10 simple strategies for healthy eating	8
week four	9
Let's get active!	9
week five	11
Self healing	11
week six	12
Bootcamp Circuit	12
week seven	13
Guided Meditation	13
20 minute meditation notes	14
10 minute meditation notes	14
week eight	15
In a Nut Shell	15



WEEK 1

GETTING TO KNOW YOU

Goal setting

Affirmations & guided meditation on the importance of goal setting

Measurements

GOAL SETTING

First, write down below the top three goals you want to achieve

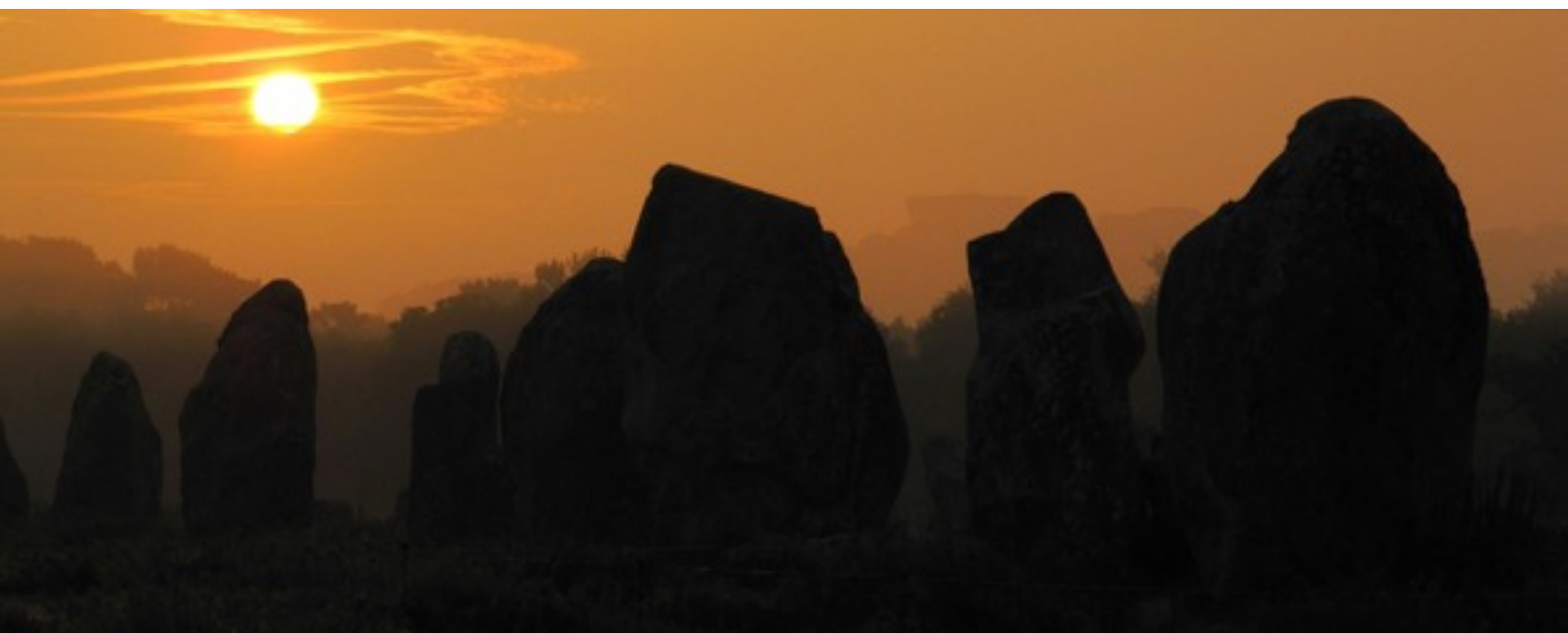
Mind:

Body:

Spirit:

When do you want to achieve these by?

What could stop you?



AFFIRMATIONS

How do they work?

Affirmations are positive statements that can manifest our desired goals by giving specific instructions to the subconscious mind, which then guide our conscious mind (more on this next week).

List below three positive affirmations which mean a lot to you personally.

1.

2.

3.

Now let's close our eyes, take a few deep breaths and visualise each affirmation in turn, bringing each one to the front of your mind (your conscious mind).

BODY MEASUREMENTS

This is to help keep you accountable over the next eight weeks. Listen to how we measure each specific part of the body so you can ensure accuracy when you retake your measurements at week eight:

	Week One	Week Eight	Difference
Around the chest			
Around the waist			
Around the hips			
Around one thigh			
Total (cm):			

HOMEWORK

Take an empty notebook, which may be your special journal. Each day for the next seven days, write down three things that you are grateful for.

Sit quietly, close your eyes, and visualise these things, one by one, in your mind.

Write down how this makes you feel.

Dream HUGE... create a vision that will inspire and motivate you. You deserve this dream and you deserve happiness along your journey, so keep it fun!!



WEEK TWO

Here is your greater purpose.

The mission Link and Subconscious -v- Conscious mind.

Awareness, changing habits and how Affirmations work.

THE MISSING LINK



We have so much potential, yet we nurture negative thoughts that put up barriers between what we want and how we can achieve it. I will tell you why this happens and how you can change it through what I call 'The Missing Link'.

Firstly, we need to understand the nature of energy and how both parts of our mind, Conscious and Subconscious, work.

The following philosophy has worked for me and the numerous people with whom I have shared it.

At the quantum level everything is interconnected. Every molecule of everything around us is made up of atoms, which consist of a nucleus surrounded by a cloud of electrons, protons and neutrons. These tiny particles are surrounded by energy; this means that everything, including every one of us, is surrounded by constantly moving, vibrant energy.

Everything is energy.

This is quantum reality—humans are masses of energy, and quantum science has proven in experimental studies that we can influence objects, even people, events and situations in ways we never imagined. We have the power to transform energy through thought and intention. So, for example, a person who imagines running a 100 metre sprint will react as if they are really running that race, displaying symptoms such as elevated heart rate.

Whilst I have given you a brief overview of metaphysics here, there is a wealth of information available which will give you a fuller understanding of how energy works, so please feel free to do your own research.

How our mind works

Our Subconscious mind—Holds all our positive beliefs and is the driving force behind what we're here to do. It speaks of our "gut instinct" and intuition.

Our Conscious mind—Holds all the negative thoughts we're taught over time and also positive thoughts filtered from our Subconscious mind.

Examples of negative thoughts from our conscious mind include:

- self-centredness
- self-aggravation
- fear
- anger
- anxiety
- rationalising
- complaining
- reactive

Examples of positive thoughts from the subconscious mind include:

- humility
- wisdom
- love
- compassion
- empathy
- peacefulness
- harmoniousness
- trust
- tolerance
- mercy
- grace
- forgivingness
- gratitude
- proactivity

In a nut shell...

Quantum science tells us that we can change our negative thoughts and habits into positive ones at will through harnessing the energy of our own thoughts and intentions. This allows us more easily to listen to our Subconscious mind which guides us towards more positive decisions.

CHANGING HABITS

A habit is a behaviour that is embedded in our minds so that it becomes automatic. Much of our lives comprise a collection of habits that dictate many of our physical, emotional and mental actions and reactions.

The more we focus on these habits the more they become embedded in our Conscious mind and the harder they are to change.

To replace bad habits with good ones we have to break the chemical and emotional association our minds have with that bad habit. We need to rewire our brain. This requires concentration and will, but if you are aware and want to change then you can do it. Remember that it took regular repeated action to install your unwanted habits, and so it will take regular action to undo them again! By replacing your bad habit with a good one you strengthen your will; this happens every time you reject a bad habit. Every time you consciously take action to replace a bad habit with a good one, it will become easier.

List 3 bad habits that you would like to lose below:

- 1.
- 2.
- 3.

List 3 good habits that you would like to replace the bad ones with:

- 1.
- 2.
- 3.

HOMEWORK

This week you will focus on changing one habit. Each day use your journal to record how this is making you feel and whether or not you are succeeding. If you succeed in changing the first habit, then move on to the next one.

This week's affirmation:

"I will change (this bad habit) _____
and replace it with (this good habit) _____"

May this be embedded into my Conscious mind to make it easy for me to achieve. I am worthy of achieving anything I desire and love myself for doing it."



WEEK THREE

HEALTHY MIND HEALTHY EATING

Although most popular diets emphasise low-fat, high-carbohydrate foods, virtually all of them fail to make any distinction between the two types of carbohydrates: low-glycemic and high-glycemic.



LOW-GLYCEMIC

Carbohydrates such as slow cooked oatmeal, sweet potato and beans are absorbed slowly and don't cause a rapid rise in blood sugar.



HIGH-GLYCEMIC

Carbohydrates such as rice cakes and breakfast cereals and sugars are quickly absorbed and cause a rapid rise in blood sugar.

This information is important because any rapid rise in blood sugar causes an insulin reaction (i.e. a large burst of insulin into the blood stream). Insulin, which is a storage hormone, signals the body to remove excess glucose (blood sugar) from the blood and store it first in the muscle cells. Any excess is converted to fat (triglycerides) for storage in adipose (fat) cells in your chin, upper arm, belly, hips, buttocks, thighs and elsewhere.

Therefore, eating high-glycaemic foods cause your body to store excess carbohydrates as fat and not use them for energy.

That's why most low-fat, high-carbohydrate diets fail, even though calories may be kept to an uncomfortable minimum. Maintaining stable blood sugar levels, and therefore stable insulin levels, is one of the unique ways that enables you to be lean, hormonally balanced and healthy for life.

However this is only one component of eating healthy, we also need to think about our digestion and internal organs to work well for us to be able to break down our foods.

Now days most food have some sort of preservative in them and this can cause the acid component to the food to become higher. Acid forming foods can cause nausea, belly discomfort and irritability and headaches to name a few symptoms. The acid responses caused in the body can also inhibit or stop fat metabolism. Mostly this is due to their incompatibility with the various enzymatic differences within the various blood types (O,A,B,AB) and so suppress the liver's ability to effectively utilise your stores of body fat.

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The human body pH should be slightly alkaline (7.35 - 7.45). Below 7.0 the body becomes acidic. To maintain optimum health, the diet should consist of 60% alkaline forming foods and 40% acidic forming foods. To restore health this diet should consist of 80% alkaline forming foods and 20% acidic forming foods. You can find lists of acidic and alkalising from credible sources on the internet and there are also a lot of books and information out there now days on the lists of acidic and alkalising foods.

By balancing a Low Gi and highly bioavailable proteins with good fats into your daily eating with 60% alkaline and 40% acidic foods to maintain a good foundation to a healthy balanced programme and with these simple strategies listed below. . .

10 SIMPLE STRATEGIES FOR HEALTHY EATING

- Think ahead and prepare a weekly shopping list
- More than half of your food should be fresh fruit, veg, meat and fish (or if vegetarian or vegan, lots of nuts and seeds)
- Lots of water—at least 2 litres a day
- A good multi-vitamin and fish oil
- Variety and colour daily is the spice of life
- Shop when you're not hungry and you're focused
- Choose healthy take out or treat meal options only 1-2 days a week and make it a special event
- Cut out sugars as much as possible and go for good natural sugars such as fructose, stevia, xylitol, natvia or agave
- Portion control—eat small meals every 2-3 hours
- Change takes time so be kind to yourself and make small changes to start with

HOMEWORK

Design your own eating plan.

Using the nutritional information provided and taking into consideration the 10 strategies above, implement a seven day advanced plan.



Alli's tip:
don't forget to visit
The Transformational
Warrior's website for
great new recipes!



WEEK FOUR

LET'S GET ACTIVE!

Resistance and cardiovascular training benefits & a few program ideas for the gym



We have discussed how a balanced healthy lifestyle is 70% nutrition and 30% exercise. We will now look at how the 30% exercise needs to be balanced between cardiovascular and strength training.

Resistance (strength) training will help increase:

- Lean muscle mass and fat metabolism
- Bone density (so preventing or delaying osteoporosis)
- Postural muscle tone (so improving body shape)
- Overall strength

There are three ways to increase the intensity of your resistance program:

1. Heavier weights, less repetitions (i.e. 6-10)
2. More repetitions (i.e. 15-20)
3. Slower repetitions (i.e. 4 seconds concentric, 4 seconds eccentric)

There are different types of **resistance training** depending on your goals:

HIIT = High Intensive Interval Training (e.g. Les Mills Grit classes)

By focusing mainly on the body's anaerobic system, these recruit more fast twitch muscle fibres and apply equally well to strength or cardiovascular training.

Strength training with breaks in between sets of repetitions. Heavier weights require more rest time. The lighter the weight the shorter the rest time.

Strength

I suggest the following strength training for optimum results:

- 2 x Chest exercises (Flys, Chest Press)
- 2 x Back exercises (Seated Rows, Reverse Flys)
- 2 x Leg exercises (Squats, Lunges)
- 2 x Abdominal exercises (Crunches, Planks)

These are foundation exercises and will need to be varied, depending on the individual's capacity.

Cardio

Cardiovascular training will help:

- Increase cardiovascular fitness
- Decrease body fat
- Increase stamina

Don't let yourself get into a training plateau by doing the same things every day and expecting results!

Variety

Vary your workouts in the following ways with weight or cardio training:

- Interval training (i.e. 1 min intense then 4 mins. easy then repeat)
- Add hills with walking
- Go faster
- Go longer
- Add more resistance

Results

I suggest the following cardiovascular training for optimum results:

- Treadmill fast pace walking on an incline for 20 mins
- XTrainer using the arms on an interval programme for 10 mins
- Rowing machine 5 mins power stroke (i.e. 18-20spm) then 5 mins speed stroke (i.e. 30-35spm) medium level.

Remember...

Always cool down and stretch after any type of exercises to avoid injuries.

Variation is the key to long term success with your metabolism.

A Personal Trainer can help you do this

HOMEWORK

Set yourself a goal that you'd like to achieve over the next 12 weeks

Design an exercise programme that will help you to achieve this



WEEK FIVE

SELF HEALING

Chakra Rebalancing through Guided Meditation, Visualising Colours and the Senses of Energy Healing

Chakras (pronounced Shokruhs) are energy systems in our body. "Chakra" means "Energy Wheel" in the ancient eastern language of Sanskrit. There are many Chakras in our body; I will cover the major seven. The various Chakras are each found next to a hormonal gland; the Chakras push vital positive energy (which you can visualise as spinning vortexes) flowing through the body. Chakras can become blocked for many reasons so it is important to clear the flow on a regular basis (weekly if possible) to maintain the positive energy flow.

Overview and Guided Meditation on clearing each Chakra



We start by lying or sitting comfortably in a quiet place with our eyes closed. As we place our hands on each Chakra I want you to visualise it as a swirling bright radiant colour.

First of all we place our hands on the top of the head. This is the Crown Chakra, represented by a white light or a light purple colour and is the gateway to the universal life force energy we call Reiki. We then place our hands on our forehead, the Third Eye Chakra. This is indigo in colour and represents our intuitive or gut feelings.

Now we place our hands over the throat area. The Throat Chakra is dark blue and represents communication in all areas.

Next we move our hands down to cover our heart. The Heart Chakra is either pink or green or a swirl of both and represents love & compassion.

After the heart, we place our hands over the solar plexus which is on the sternum just below the breast bone. The Solar Plexus Chakra is yellow and represents power and inner strength.

Now we move our hands to cover our belly. The Belly Chakra is orange in colour and represents habits, cravings and addictions.

Finally, we place our hands on the base of our spine. The Base Chakra is red and represents prosperity. It is the foundation we need for home, work, family, finances and spirit.

HOMEWORK

Find a comfortable, quiet place to lie down or sit.

Spend 2 minutes exploring each Chakra. Visualise each one as its colour, swirling around fast like a vortex of energy.

Remember to breathe deeply and relax. Let your mind and your hands do the work.



WEEK SIX

BOOTCAMP CIRCUIT

We will be working on all aspects of the physical body and energy systems with TEAM WARRIOR!

5 minute warm up and stretch

3 x 1 minute rounds

1. Push-ups
2. Squats (arms behind your head) or Wall Squats
3. Mountain Climbers
4. Walking or Stationary Lunges
5. Run 20 metres and back or March/Jog on the spot
6. Plank

Cool down and stretch

Relaxation Meditation to finish

HOMEWORK

Twice a week complete the exercises and more enjoyable with a partner.

Work hard and make it fun!





WEEK SEVEN

GUIDED MEDITATION

I will be guiding you through a relaxation meditation and then a guided meditation you can do at home

What does meditation do?

Meditation brings inner peace to ourselves and the world in a positive spiritual way. It brings peaceful thoughts and clarity to our mind. It is one of the best ways to recognise and transform our negative thoughts into positive ones. It helps us to listen to our Subconscious mind and to nurture the natural qualities within. It is also the perfect way to relax the entire body and mind.

How do we meditate?

I recommend sitting in a comfortable upright chair with feet flat on the floor or sitting on the floor in a comfortable upright position. We place our hands in our lap or in the "Mudra" position (placing the thumb and index finger or thumb and middle finger together). I don't encourage lying down for meditation as it is possible to fall asleep.

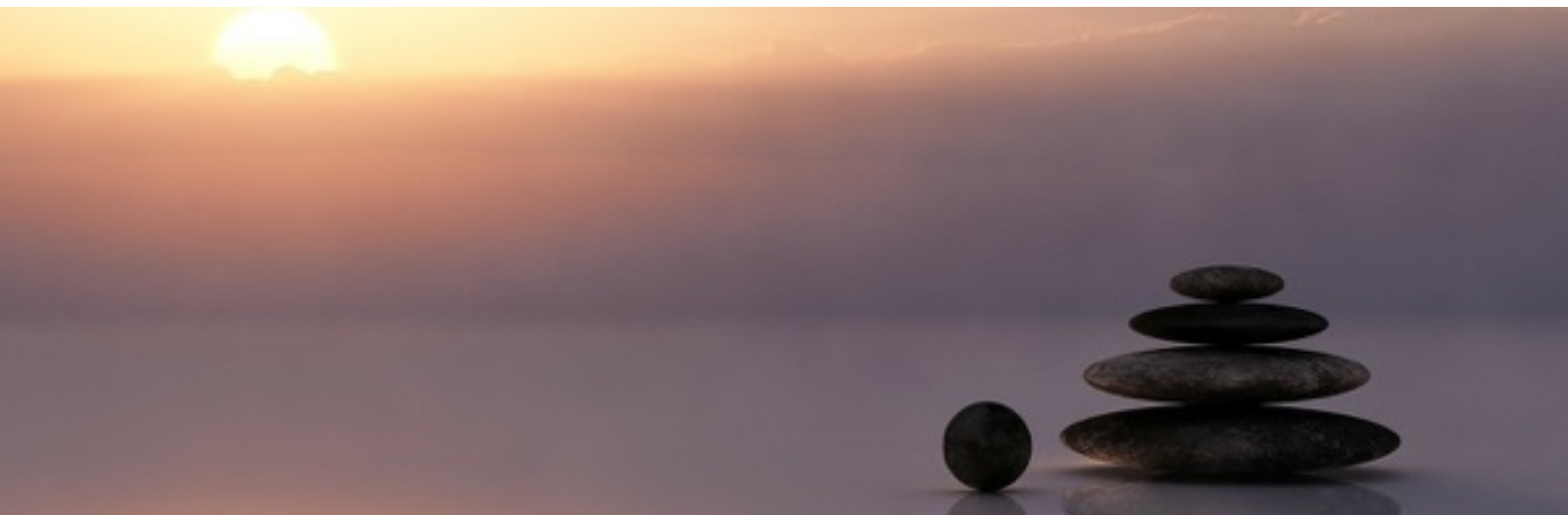
Where and what do we use?

The ideal place to meditate is a quiet spot (for example, in the garden or a quiet part of your home) where you do not expect to be interrupted. Wear loose clothing and remove your shoes if possible. You can use incense, an oil burner or a candle as an aid to meditation. You should always make sure, however, that they are not in an area where they could fall over and start a fire if unattended. Avoid any background music, as the type of meditation we will be performing is all about heightening your senses, and for that you need quiet.

How often to meditate?

Start with five to 10 minutes daily any time of the day that suits your lifestyle. I recommend meditating first thing in the morning as this will set you up in a positive mindset for the rest of the day. As your practice becomes easier then work your way up to 20 minutes a day if this fits in with your lifestyle.

The best attitude to have with meditation is to be very patient with yourself. Having a sense of expectation of immediate positive results can create uncomfortable pressure and take away the enjoyment of this wonderful experience. Be kind and gentle—that is what meditation is all about.





20 MINUTE MEDITATION NOTES

We will start with relaxation. Take a few deep breaths, breathing in through the nose and out from either the mouth or the nose. Count to four as you breathe in, hold the breath for a count of two and then count to four as you breathe out.



Starting at the feet—as you breathe out slowly, relax all the tension in your feet and toes. Tighten them, then relax them in to the floor. Let's now move up to your calf muscles, again removing the tension in this area as you breathe in and out. Move up to your knees and thighs, taking any tension out with a few deep breaths. Work your way up to your hips and lower back, scan any area that feels tense and let it go with your breath. Move your way up to your belly and feel it rise and fall with each long breath. Work your way down your arms to the palms and finger tips feeling any tension in the muscles melt away. Feel your way up your spine to your neck and at each body part on the way up take deep breaths and let go of any tension in those areas. Now make your way up to your shoulders. We tend to carry a lot of tension here, so spend a bit more time on the neck and shoulders, feeling the relaxation process releasing and letting go of the tension and your breath creating space between your ears and shoulders. Work your way up to the ears then jaw, lips, cheeks, eyes, forehead then top of the head. Do a scan of your whole body now, and how you are feeling right now.



Next we go into guided meditation. Visualise yourself sitting under a beautiful tree in springtime. You can smell the beautiful fragrance of all the new flower buds around you. The tree has buds coming out into the most beautiful flowers you can imagine. Look up at the tree and see how beautiful and strong it looks. Smell the buds and the bark of the tree, then feel the texture of the tree roots below you. Take a few minutes to really experience these strong senses. When you are ready, feel the energy from the tree radiate inside of you now—you are receiving grounding energy from this beautiful tree. Take some deep breaths and visualise yourself and the tree as one; your legs are the roots grounded into the earth; your body is the strong tree trunk; your arms are the branches and your finger tips are the buds. You feel strong and grounded.



Return your attention to your breath and your body where you are now. Take a few deep breaths and clench your hands and feet a few times then open your eyes. Make sure to return to the day slowly for the first few minutes once your meditation is finished. Drink lots of water and eat wholesome nutritious food straight after your meditation.



Enjoy this feeling.

10 MINUTE MEDITATION NOTES

Just complete the relaxation part of the 20 minute meditation.

HOME WORK

Practise the relaxation meditation for five to 10 minutes daily.

Once you feel confident, move on to include the guided tree grounding meditation.

You can bring in other senses through Visualisation Sight, Smell and Touch. The more you practise, the stronger your senses will become.



WEEK EIGHT

IN A NUT SHELL

Putting the last seven weeks in perspective and bringing all this information forward into our lives

Workshop 1 – Getting to Know You

You have now looked into how to find your identity through the “getting to know you” exercises. You have set goals you want to achieve and learnt how to achieve them through affirmations and journaling.

Q. How is your original goal going?

Q. Have you achieved your short term one? If so how did it make you feel?

If not, what can you do to make it happen? Or do you need to change it?

Q. What is your next short term goal?

Let's measure ourselves again on the first page.

Workshop 2 – Your Greater Purpose

We have studied “The Missing Link” of metaphysics and how energy works. We have spent time understanding the Subconscious and Conscious mind and how this knowledge can work for you. We have learnt how to change bad habits into good ones.

Q. Have you changed any bad habits to good ones?

If not, how can you do this?

If so what's the next bad habit change for you?

Workshop 3 – Healthy Mind Healthy Eating

We have talked about Low & High GI foods and how they work, as well as Alkaline & Acidic foods.

Q. Have you implemented the 10 strategies to help you along the positive nutrition path to a healthy mind and healthy body?

If not, why and how can you change this?

Q. Have you implemented your food diary and stuck to it?

If yes how can you now improve to get you to another goal?

If not, why? How can you change this?

Workshop 4 – Let's Get Active

Q. Have you been doing any weight exercises?

If no, why not? How can you change this?

Q. Have you done cardiovascular exercise?

If no, why not? How can you change this?

Q. Have you done any HIIT training?

Write out another 12 week program you can start once you have completed your weekly sessions of training for 12 weeks.

Workshop 5 – Self Healing

Q. Have you practised Chakra rebalancing, working with the Chakra for each area of the body, and visualising its colour?

If yes how has it made you feel?

If not, why? How can you change this?

Can you make this a weekly self-healing ritual just for you? Book it in like a weekly appointment.

Workshop 6—Bootcamp

Q. Have you done any of the exercise drills on your own or with a partner?

If yes how can you make it more challenging?

If no, why? How can you change this?

Workshop 7—Guided Meditation

Q. Have you practised the 10 minute relaxation meditation?

If yes how did it make you feel?

How often can you now implement it into your lifestyle?

If not why? How can you change this?

Q. Have you practiced the 20 minute relaxation and guided meditation?

If yes how did it make you feel?

How often can you now implement it into your lifestyle? If not, why? How can you change this?

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You have now completed the Transformational Warrior 8 week Program 1. Well done!

I hope you enjoyed the eight week program. Please share your experiences with others and feel free to pass on my details to anyone you think would benefit from this life-changing program.

Having completed the program yourself, you are now eligible to sign up for the Transformational 4 Week Advanced Program 2.

Book in now and turn yourself into a walking, talking Transformed Warrior!

Warm blessings

Alli Keating



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Notes...